

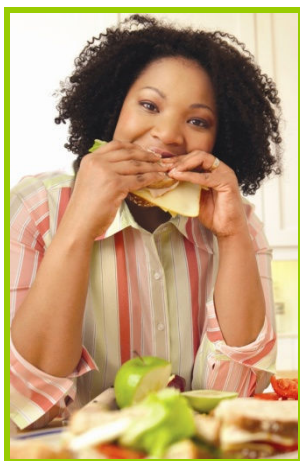
EATING TIPS FOR MOMS WHO ARE BREASTFEEDING

Breastfeeding is the best nutrition for your baby. WIC encourages you to breastfeed to give your baby the best start in life. Some common questions, along with answers, about mom's nutrition while she is breastfeeding are listed below.



Q: Will I have to change the way I eat now or go on a special diet while I am breastfeeding?

A: Many mothers are concerned that they will have to be on a special diet while breastfeeding. Not true. Overall, eat a healthy diet with a variety of foods. Choose healthy foods based on My Pyramid. Your diet does not have to be perfect to breastfeed!



Q: What about my appetite while I am breastfeeding?

A: Most mothers find that they are hungrier when they are breastfeeding.

Include two to three between-meal snacks. Choose healthy foods for snack time! My Plate* is a good guide for choosing snacks.

*Visit www.MyPlate.gov



Q: What should I drink and how much?

A: Drink fluids to satisfy your thirst. There is not a specific amount of liquid that you have to drink. Most mothers find that they are more thirsty when breastfeeding.

Water is a good choice. We all need water. Another good choice is 100 percent fruit juice. Limit calorie-containing beverages (sodas). These just provide sugar and have little or no nutrition value.

Breastfeeding Moms (After You Deliver)



Q: I don't like milk. Does this mean I cannot breastfeed my baby?

A: You do not have to drink milk to make milk. If you do not like milk, choose other foods that are sources of Vitamin D and calcium such as yogurt, cheese, and pudding.



Q: Will my caffeine intake hurt my baby?

A: Two or three servings of caffeine containing foods are considered safe for mothers and healthy full-term babies.

After you have caffeine, if your baby seems fussier, you may want to avoid or limit caffeine containing beverages and chocolate in your diet.



Q: I have heard that some foods that I eat will make my baby fussy. Is this true?

A: There are not any specific foods that you have to avoid while breastfeeding.

If your infant seems more fussy or gassy, make a list of the things that you have eaten that day. Avoid these foods for a few days, and see if it makes a difference.

Sometimes large amounts of dark green leafy vegetables, lots of dairy products, or spicy foods can cause gassiness in your baby. Remember, most mothers are able to eat whatever they want without problems.

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